

Bettina-Nicola Lindner for

1st European Curcumin Conference, 2-4 October 2020 in Berlin

Curcuma:

Mysticism, energetics and traditions of a 5000 year old "miracle root"

Curcuma is not only the "Queen of Spices", a millennia-old remedy in Ayurvedic Medicine and TCM (Traditional Chinese Medicine) - it is the TOP remedy of our time! This fantastic plant has been scientifically investigated for over 50 years - and there are almost 4000 studies on this tuber to date! Curcumin, the most important ingredient for the healing effect, is today the world's most researched natural active ingredient.

Never ending lists of healing effects show us that curcuma has almost become a miracle cure or panacea. And not just in ancient Indian medicine - but in modern conventional medicine.

My talk shows other sides of curcuma, which are also very exciting: It is about the mysticism, the energetics and the traditions that this ancient medicinal plant has shaped in the past 5000 years since it was known.

These are facts that have been established beyond science - but can still contribute to the completion and confirmation of the overall picture.

Curcuma is on the one hand an important component of Indian and Asian folk medicine, on the other hand it is also an important part of traditions and ceremonies. In popular belief, the root that has been venerated for thousands of years is considered a magical tool that was carried to protect against evil spirits.

It is used in many Hindu rituals in the temples and at traditional celebrations (e.g. at "Holi", a mystical spring festival), especially in South India, because its yellow color symbolizes the sun ("sun root").

The ancient Vedic scriptures also say that curcuma increases "Ojas" (the spiritual energy) and brings "Sattva" to people. "Sattva" is a quality that gives us deep knowledge of the essentials, spiritual strength and a high level of intelligence. A wonderful healer who can lead us to a healthier and (internally) more fulfilling life.

The lecture reports a lot more about curcuma, e.g. on the subject of hygiene, dyeing, beauty care, as an aphrodisiac, as an ingredient in famous spice mixtures and recipes and much more.